

## **ROWING MACHINE**

### **ABSTRACT OF THE DISCLOSURE**

5           A rowing machine is constructed to include a sloping angle-adjustable  
base frame, a foot rack selectively and pivotally mounted on the base frame at  
the front side, a rocker arm coupled with a detachable handlebar for rowing  
exercise to stretch elastic cord members, a slide slidably mounted on two  
parallel rails of the base frame to support a seat and a collapsible back, and two  
10 elastic pull cords detachably fastened to the base frame for pulling by the user  
sitting on the seat.